

Voices of the Student Body



Editor's Note:

Stay Focused!

As we continue on through this exciting and challenging school year, let us not forget how important it is to stay focused and accountable for our roles at this school. Treat others with respect and understanding, and remember honesty is ALWAYS the best policy!

Cook's Corner & Health Advocates:

Delicious Diverse Dining

There are many different healthy and organic foods. Between nuts, meats, vegetables, fish, grains, bread, and fruits. We are here to condense it to the most healthy foods you can have to not only avoid being sick but to be the best self you can be. This compilation of meals comes from not only interviews but from informational articles on health and food.

To start off, in the protein section the top 6 are:

1. **Chicken Breasts:** They are filled with protein and have many different nutrients.
2. **Pork:** Being high in protein and rich in many vitamins and minerals.
3. **Lamb:** It has many Omega 3 acids
4. **Turkey:** Full with protein, B vitamins, selenium, zinc, and phosphorus.
5. **Bison:** A bit exotic but has fewer calories, less fat, and more protein than ground beef. It's also rich in iron, zinc, Vitamin B12, omega 3-fats, and the antioxidant selenium.
6. **Edamame:** This is packed with protein and is a great snack to have. Originated in Asia, Edamame is young soybeans picked before it was ripe.

Next, are vegetables because they are a foundation for health:

1. **Asparagus:** Very health in both carbs and calories but loaded with Vitamin K.
2. **Broccoli:** Delicious and healthy, filled with Vitamins C and K and contains a decent amount of protein compared with other vegetables
3. **Tomato:** They are tasty and loaded with nutrients like potassium and vitamin C.

The best fruits/ berries that are good for your diet are:

1. **Avocado:** It's considered to be a superfood, loaded with healthy fats instead of carbs and also high in fiber, potassium, and Vitamin C.
2. **Apples:** Not only filling, but high in fiber, Vitamin C, and numerous antioxidants.
3. **Oranges:** Are known for the content of Vitamin C, as well as fiber and antioxidants.

Some nutty nuts that are amazing are:

1. **Chia Seeds:** PACKED with magnesium, manganese, calcium, and other nutrients also great on top of yogurts and could be used on toppings for other meal items.
2. **Coconuts:** I know what you're thinking, coconuts aren't nuts but they are considered nuts, filled with acids like medium-chain triglycerides that are really healthy for your cells.
3. **Peanuts:** They also contain plenty of potassium, phosphorus, magnesium, and B vitamins.

There are so many different categories but this is the basis of the food pyramid, not only can you learn about health benefits but you can also look up the recipes if you are inspired by this. Some of the things we mentioned don't need recipes but can be added to other meals or even be eaten alone.



2 Sample Recipes

Vegetarian Linguine

Time to make: 30 minutes. Makes 6 servings

Ingredients:

- 6 ounces of uncooked linguine
- 2 tablespoons of butter
- 1 tablespoon of olive oil
- 2 medium-sized zucchini, thin sliced
- ½ pound of fresh mushrooms, sliced
- 1 large chopped up tomato
- 2 chopped up green tomato

- 1 minced garlic clove
- ½ teaspoon of salt
- ¼ teaspoon of pepper
- 1 cup of shredded provolone cheese
- 3 teaspoons of shredded Parmesan cheese
- 2 teaspoons of minced fresh basil

Recipe

1. Cook the linguine according to the recipe instructions. While that's cooking, inside a large skillet, put some butter and oil inside and heat on medium heat. Add the zucchini and mushrooms to, saute for about 3-5 minutes. Add tomatoes, onions, garlic, and seasonings. You reduce the heat, simmer, then cover the skillet for about 3 minutes.
2. Drain the linguine and add to the vegetable mixture that you have. Sprinkle the mixture with cheese and basil. Lastly, toss to coat.

[Credits]

Written by Zachary Cavasini, by both the Cooks Corner Team and the Health Advocates.

A special thanks to the interviewees for their time and the interviewers for helping contribute

Fashion: **School Spirit Statements**

The idea of having BPA accessories is, according to most students, a "good idea". Some students have said that they would like it a lot and it can bring out more of their personality. Out of the handful of people we interviewed, all said "Yes!" Additionally, they can be a good advertisement for the school, they could be a fundraiser to help programs, and they can be a big way to show school spirit! Female students could wear accessories like earrings, bracelets, or necklaces. While boys could wear hats t-shirts, hats, or even bandanas!

However, there are some negative aspects to having too many accessories. The cons of BPA accessories, some people say, is that they may distract little kids, and some students may not be able to afford them.

Some of the BPA accessories we had in mind are:

- Headbands/sweatbands
- Phone cases
- Popsockets
- Hair accessories
- Bracelets

- Necklaces
- Rings
- Hats
- Socks
- Earrings
- Shoelaces/ running shoes
- Scrunchies
- Key chains

In conclusion, BPA accessories would be a good idea for the school because it can show school spirit they could be a good advertisement, it could be a good fundraiser for school activities and show your personality. We would like to shout out to Mr. Pompulus, Mrs. Haleigh, Ms. Stevens, Mrs. Joy, multiple students in the 1st, 2nd, and 3rd grades, middle school, and staff in the front office. Also, a special thank you to Mrs. Dector for providing us with some of the ideas in this article.

[Credits]

Niaya and Nyobi for asking questions, Reyana for writing the pros and cons draft, Faith for interviewing, and Renata for writing the article

Environmentalism: **It's a Dirty World Out There:** **Let's Clean it Up!**

The pollution in the ocean has been a problem for years; it harms ocean life and anything that comes in contact with it (including people!)

Many sources of pollution are man-made including:

- Oil rigs and ships
- Agricultural runoff
- Fossil fuel usage
- Plastic waste

Coral reef systems are being destroyed by oil rigs and oil ships. These ships and oil rigs are poisoning the reefs with highly toxic refinery chemicals and pipelines. This is causing oil pollution these toxins are being directly put in the ocean or carried by river systems which will eventually end up in freshwater supplies. This is quite alarming because it can affect public drinking water sources leading to future illnesses and even death! The oil and gas industries routine operations continue to emit high levels of toxins and greenhouse gases, we spread millions of gallons throughout the Gulf of Mexico.

Oceans are also being polluted by sewage and runoffs from farms that are increasing the nitrogen in the seawater causing an overgrowth of algae which smothers reefs. This phenomenon is known as 'red tide'. According to a study entitled Ocean Pollution: the Dirty Facts, "The pollution is causing over 100,000 marine creatures to die directly from toxic exposure." If something isn't done soon,

we could be facing a worldwide catastrophe that we may never recover from.

Water pollution can even begin as air pollution which starts to settle in the waterways and eventually is washed out into the open ocean. This harms fish and wildlife habitats. When we burn fossil fuels, we pollute the air and this causes an increase in the pH of the water (PH: the measure of how much acidity there is in the water).

There are approximately eight million metric tons of plastic that we toss in the ocean instead of recycling it EACH YEAR. 80% of marine litter comes from land-based sources. Items like disposable water bottles, packaging materials, and even children's toys are contributing to pollution. In 1975 the National Academy of Sciences claimed that there were an estimated 14 billion pounds of trash in the ocean it killed 1 million seabirds.

Here are some things you can do to stop pollution:

- Pick up trash at your local beaches and discard it properly.
- Repurpose your trash into something creative like an art project.
- Use your car less in favor of cleaner travel like bicycling.
- Recycle plastic bottles and keep them out of the ocean.

[Credits]

Nicholas Derosa, Connor Goff, Sven Ostrander, Christopher Martelly

Entertainment: **Who Really Are the** **Best Entertainers?**

There are over 1,000 different singer/songwriters in the world but only one could be our school's top favorite. Based on our interviews we saw that there was a fan favorite for our school which was the Korean pop band BTS. BTS is one of the largest known Korean pop bands in the world and debuted in 2013. They have won over 24 awards this past year, and is a worldwide fan favorite, with a total of 14 different albums and 7 different members.



There are so many different artists that we found that many people like to such as, Maroon 5, Ariana Grande, Jonas Brothers, Lionel Richie, Shawn Mendez, Justin Beiber, and many more. BTS has the most fans in this school so far this year. Alondra Vasquez an 8th grader said, "I love their music, I love their dances, and they send messages through their songs." Another 8th grader Kayla Pun Lay said, "They had a message when I wasn't in the right place and they helped me through it." A 7th grader Alexandra Vasquez said, "They helped me through my depression and they taught me how to love myself. Also there dancing is amazing." George Castillo a 7th grader said " There songs are catchy and are addicting" Also Madison Torres from 7th grade said, " I love the messages they convey to their fans so both A.R.M.Y and BTS can feel happy in life". Gabriella Rena a 5th grader said, " Their songs have beautiful messages they are good looking, and they are amazing"

The Beatles were a legendary rock group in the 1960s. They are from Liverpool, United Kingdom. There were four members. The Beatles earned around \$71 million dollars per year. The Beatles were the most successful pop group in the 20th century, since their first studio contract in 1962 until 1970. They have made at least 22 awards. They made 42 albums there most popular album was "Please Please Me", it was their debut album. They held up 5 slots of the Billboard Hot 100 and a week later they had 3 discs in the top five. The last record they all did was " I Want You" (She's So Heavy).

[Credits]

Writer: Jocelyne Renteria

Interviewers: Gabriela Rena

Photos: Jocelyne Renteria

Students' Say (OpEd):

School Homework: **Is it Helpful?**

(Disclaimer: THIS IS AN OPINION ARTICLE NOT ALL FACILITY AND STUDENTS MAY SHARE THIS OPINION)

Is school homework helpful or not damaging? We all have different opinions about school homework but what rules the majority? Throughout our research, we intend to find out what people think about school homework.

As we know, most people probably don't enjoy doing their homework. Unless you're "that" kid. However, most of us can agree that it can be helpful. Or can it? According to our interviewees, they find it a waste of time. Some people disapprove of the amount of homework. Also, they think it is useless because they have done the same thing they did in their last class". Although that might be true, it's for their own good.

You might want to take notes in your lesson. Your parents can interact with your work. It's a proven fact, if you take notes you might have a higher grade. It's the same exact thing for homework, it's like all the notes you wrote without writing to them! In your homework packet (if you have one) It can explain everything again if you didn't understand! According to our positive answers from our interviewees, "most people say, your brain processes more when you learn and do it again at home. You can do more research at home and it's as if you're getting even more efficient with the lesson." So with that, homework can be EXTREMELY beneficial because it helps kids become more efficient with what they learned and not forget it.

But homework is also detrimental. Some people think it is a waste of time to do something they already did in class again at home. According to some interviewees, "It's a waste of time and we already have enough homework from other subjects and the classwork on top of that.". People have to do things after school not just go home and play video games. Students might participate in activities like sports, arts, clubs, or even just having to help take care of their families. If you are adding homework to the list it will stress both the kids and the parents from having so much to do it can also lead to health problems. And with so much time on their hands, some kids when they get home, their parents can't even help them out because they also have no time. According to procon.org, Most kids come from low-income families, with no help from anyone, they can develop stress and sometimes, depression. And when they have extra homework it's even worse. Homework can be unbeneficial

and teachers may need to rethink how much homework they give.

Conclusion

To conclude, homework is beneficial but also a problem. All kids have different feelings about homework. Some think that is helpful and some kids think its a waste of time. We all have mixed feelings about homework but it doesn't really matter what we think it's more about the grade.

[Credits]

Interviewers: Juan De Sousa, Michael Albano, James Marshman, Alex Wilson.

Interviewees: Rese, Jack, Conner, Jasmine, Lara, Bailey, Brian, Ariana, Sergio, Juan, Jack. and Journalism class.

Sports: **Top 3 of the Most Underrated** **Sports in The United States**

There are currently more or less 8,000 different sports around the world, but for some reason, there are only about 10 big ones here in the United States. Such as soccer, American football, and baseball are some examples of those 10, but there are 3 sports out there, in particular, that should receive more recognition for the amount of hard work and effort that has to be used to play these sports. These 3 sports, curling, archery, and chess boxing, fall under the threshold of a popular sport here in the U.S. these sports definitely deserve to be heard about.

1.Curling

Curling is a sport that doesn't grasp many American's attention because it is not as big as soccer or American football. Also, because of this, there are not many programs for curling. Although this sport may be underrated in the United States, it is popular in many other countries, such as Canada, Scotland, Scandinavian, and more European countries. Curling involves a lot of strength and technique by moving the very heavy granite across the ice. Michael V states that "the sport curling never usually comes up. "And compares it to asking a grandparent about a type of computer processor "it just doesn't really come up much." Curling is not so well known in the US but is in other places.

2.Archery

Archery is one of the more intriguing sports out of all on the list. It involves a ton of focus, concentration, mental clarity, and physical strength with stability. Also, the USA has won the second-most medals in archery all-time with 32 total, just behind South Korea with 34. Yet, out of the Olympics, it's not much talked about. It is popularly played

in parts of the United States and most of Europe. Zachary C states that "I have never watched a game of archery, and barely hear about the game outside of Olympics season." Archery is not commonly talked about sport and deserves its recognition for the amount of training it takes to master it.

3. Chess boxing

Now chess boxing is probably the oddest one out of the three. Not just does the player have to be physically strong but they also need a lot of mental strength and durability. Also, a lot of focus is keen on playing the game. The premise of the game is to have a normal game of chess for an amount of time then have the players stop, and have a sparring match, then they go back to chess and re-center on the game again. But because it is such a bizarre game not many people pay attention to it as the big dogs such as baseball or American football. Chess boxing is an odd game and sadly does not have much attention from people.

[Credits]

Written by Lucas H. Contributors were The BPA Sports Team. Thanks to the interviewers and interviewees for their time

Funnies:

The Candy Catastrophe

By: Mia De La Rosa



See if you can find the Easter eggs! (shrugging emoji, Stussi S, Mr. Sirota Name Tag)

Jokes of the Week:

1. Today at the bank, an old lady asked me to check her balance. So I pushed her over.
2. My boss said to me "have a great day!" so I went home.
3. My wife told me I had to stop acting like a flamingo. So I put my foot down
4. I invented a new word! Plagiarism!
5. What do you call a fish without eyes? Fsh.

Don't take life too seriously

[Credits]

pun.me and rd.com
Edited by Ruben Proano